AMENDMENTS TO THE SPECIFICATION

Please delete the present Abstract of the Disclosure and replace it with the following new Abstract of the Disclosure.

A method of manipulating an already sent e-mail by routing a sent e-mail to a server storing at least the e-mail body and sending only a notification to the addressees. The server associates the e-mail with an access code, which is sent together with the notification, so that the addressees may retrieve the sent e-mail. The sender of the e-mail may access the e-mail body stored at the server to modify or suppress it. The condition for the modification to be accepted by the server is that none of its addressees has read the sent e-mail.